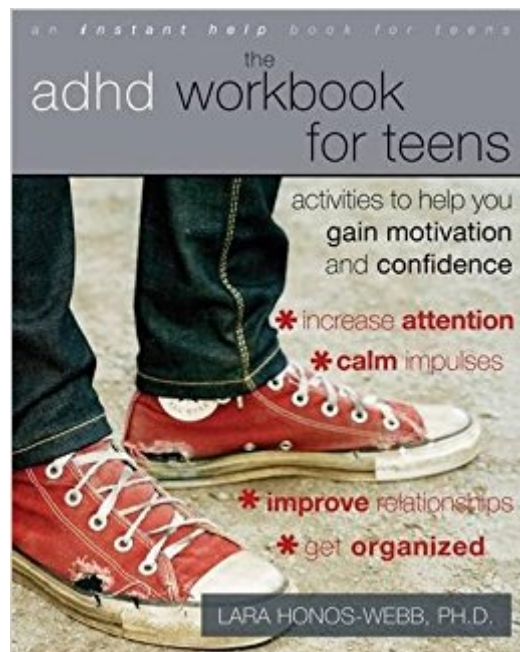




The book was found

The ADHD Workbook For Teens: Activities To Help You Gain Motivation And Confidence



Synopsis

Focus on Your Strengths and Overcome ADHD Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time-during class, when you're listening to a friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In The ADHD Workbook for Teens, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with. Learn how to calm yourself down when you feel hyperactive or impulsive. Develop plans for meeting the goals that matter to you most. Get your life under control and organize your schedule. Improve your social life by becoming a better listener and friend.

Book Information

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Customer Reviews

Lara Honos-Webb's book contains forty activities for helping teenagers with ADHD thrive and excel at home, in social situations, and at school. The ADHD Workbook for Teens is an essential guide that will help teens with ADHD have successful lives. â "Stephanie Moulton Sarkis, Ph.D., NCC, LMHC, author of 10 Simple Solutions to Adult ADD, Making the Grade with ADD, ADD and Your Money, and Adult ADD This thought-provoking workbook offers teens confidence, reassurance, motivation, and insight. Thank you, Lara Honos-Webb, for letting teenagers know that ADHD is a gift that is full of opportunities. It's a message teens with ADHD deserve. â "Robin Goldstein, Ph.D.,

faculty member at Johns Hopkins University and author of The New Baby Answer Book

Lara Honos-Webb, Ph.D., is a licensed clinical psychologist in private practice in Walnut Creek, CA. She is author of The Gift of ADHD, The Gift of ADHD Activity Book, Listening to Depression, and more than twenty-five scholarly articles. Her work has been featured in Newsweek, the Wall Street Journal, Publisher's Weekly, and many newspapers across the country. She has appeared on national radio and television programs. Honos-Webb specializes in the treatment of ADHD, depression, and the psychology of pregnancy and motherhood and speaks regularly on these topics. She completed a two-year postdoctoral research fellowship at the University of California, San Francisco, and has been an assistant professor teaching graduate students. For more information about Honos-Webb and her work, please visit visionarysoul.com.

My daughter, who has ADD, completed this book in three days. She loved it and found it really helpful. I recommend it!!!

Great lesson for individual counseling or group. I use these lessons with my students in small groups and individual counseling sessions.

I work at a residential program for adolescents, and this was definitely worth the purchase! The kids using it were able to stay focused long enough to complete it.

MY daughter is 12 and has ADHD. I bought this book for her and she has enjoyed it. She says that she will use the skills learned from within the book to help her focus better. Such a great book.

This is a great workbook. It's relatable for my teen, not boring. When he sits down with this, it engages him.

We have been working through the workbook slowly, but my son likes to work in it. It gets him to think about things differently and the examples show him other situations that are similar to him. Definitely worth it!

This is an awesome book (from the mom's perspective)! It helps my teenage son realize he isn't alone in this struggle and gives him some of the tools he needs to work through day to day issues.

I have a 15 yr old son with ADHD, we've had some challenges, this workbook has been a great tool for him to work through and us discuss so that we gain a better understanding about his strengths and challenges. He fills it in we discuss. We are learning tools and ways for him to be more successfully in school.

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